

2006 SUMMER and FALL



# Green Lake Small Craft Center

Rowing, Sailing, Canoeing, and Kayaking  
[www.seattle.gov/parks/boats/grnlake.htm](http://www.seattle.gov/parks/boats/grnlake.htm)



## Table of Contents

<i>Special Events</i>	2-3
<i>Contacts/More Info</i>	2
<u>Rowing</u>	4-7
Youth	4
Adult	5-7
<i>Seattle Map</i>	8-9
<u>Senior Programs</u>	10
<u>Sailing</u>	11
Youth	11
Adventure Camps	11
Adult	11
<u>Seattle Canoe Club</u>	12-13
Youth Sprint Team	13
<i>Policies &amp; Procedures</i>	14
<i>Registration Form</i>	15

### MISSION:

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

5900 West Green Lake Way North—Seattle, Washington 98103—206.684.4074

# Green Lake: Special Events

## **Ted Houk Regatta** **Saturday & Sunday, June 17 & 18**

The annual Ted Houk Regatta draws canoe and kayak paddlers from throughout the Northwest for two days of fun and exciting racing. Call 206-684-4074 for visit [www.seattlecanoecub.org](http://www.seattlecanoecub.org) for more information.

## **Summer Rowing Extravaganza** **Saturday, August 5**

Rowing teams from throughout the Northwest compete in a full day of racing. Events are open in all categories. Watch the Green Lake Crew website for entry information and for results afterwards! ([www.greenlakecrew.org](http://www.greenlakecrew.org))

## **Masters Rowing National Championships** **Thursday August 10 to Sunday August 13**

Join us here at the lake to watch rowers from around the country compete in dazzling events of speed and stamina! Racing from 8:00am until 5:00pm each day.

## **Frostbite Regatta** **Saturday, November 11**

The 42nd Annual Frostbite Rowing Regatta is hosted by Green Lake Crew and the Rowing Advisory Council. As the name implies, penguins are the mascot for these 1000 meter rowing races, for all skill levels and ages. The Green Lake Crew website will have entry information available in October (at [www.greenlakecrew.org](http://www.greenlakecrew.org)).

<b>Green Lake Boat Rental:</b>	206-527-0171
<b>Green Lake Comm. Center:</b>	206-684-0780
<b>Evans Pool:</b>	206-684-4961
<b>Mount Baker Row &amp; Sail:</b>	206-386-1913
<b>Parks &amp; Rec. Information:</b>	206-684-4075

<b>Seafair Information:</b>	206-728-0123
<b>Senior Programs, Parks:</b>	206-684-4951
<b>Special Populations, Parks:</b>	206-684-4950
<b>Tree Questions:</b>	206-684-4113
<b>Animal Control:</b>	206-386-7387

## **SHORELINE ACCESS**

Some specific Seattle Parks shoreline areas are now approved and open for the launching and landing of hand-carried non-motorized boats. Maps, guidelines, and lots of useful information are available from the Washington Water Trails Association. If you want to know if your favorite park is included, please call 206-545-9161.

### **Boat Ramp Information:**

Seattle Parks and Recreation operates and maintains seven public boat ramps throughout the City of Seattle.

Daily Boat Use Fee:	\$5
Overnight Privileges: Additional	\$7
Annual Permit: "Day Use Only"	\$80
Annual Permit: "Overnight"	\$110

For additional information, please call 206-684-7249.

## **Summer Outdoor Pools**

Please join us May 13 for the first day of operation of the "**Pop**"  
**Mounger Pool** in Magnolia.  
Lap pool — Shallow warm water —  
50' slide

**2535 32nd Ave West**  
**206-684-4708**

**Colman Pool** will be open weekends beginning May 27, and seven day operations begin June 17. This pool offers outdoor swimming in a heated salt water pool.

**8603 Fauntleroy Way SW**  
**206-684-7494**  
**on the beach in Lincoln Park**

# General Information

## Two Locations

The Green Lake Small Craft Center and the Mount Baker Rowing and Sailing Center are instructional facilities, designed to introduce you to safe and enjoyable use of small crafts. **The centers do not rent boats.** Hours of operation vary, depending on program times. The two facilities offer comparable programs and opportunities. Citizens are encouraged to select a location which is most convenient.

For more information please call either facility:

### MOUNT BAKER ROWING AND SAILING CENTER

3800 Lake Washington Blvd S  
Seattle, WA 98118  
PH: 206-386-1913  
FAX: 206-386-1914  
E-mail: mount.baker@seattle.gov

### GREEN LAKE SMALL CRAFT CENTER

5900 W Green Lake Way N  
Seattle, WA 98103  
PH: 206-684-4074  
FAX: 206-684-4042  
E-mail: glrowing@aol.com

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our website at [www.seattle.gov/parks](http://www.seattle.gov/parks). You can find this brochure information on-line.

## Places to Take Your Float Test!

Ballard Pool	1471 NW 67th St	684-4094
Colman Pool*	8603 Fauntleroy Way SW	684-7494
Evans Pool	7201 E Green Lake Dr N	684-4961
Madison Pool	13401 Meridian Ave N	684-4979
Meadowbrook Pool	10515 35th Ave NE	684-4989
Medgar Evers Pool	500 23rd Ave	684-4766
Mounger Pool*	2535 32nd Ave W	684-4708
Queen Anne Pool	1920 1st Ave West	386-4282
Rainier Beach Pool	8825 Rainier Ave S	386-1944
Southwest Pool	2801 SW Thistle St	684-7440

\* Open for the summer only.

**Eight Summer Lifeguarded Beaches** 684-4075  
(Open daily 11a.m. to 7p.m. weather permitting)

Long Season: June 25 to Sept 5  
Madison, Matthews, Seward, West Green Lake, and  
Mount Baker

Short Season: June 25 to Aug 28  
Madrona, Magnuson, and East Green Lake

## FLOAT TEST

Every Seattle Parks and Recreation participant must successfully pass a float test prior to the first water session of a small craft class. It is also a membership requirement for boating organizations sponsored by the Department. **The float test is valid for three years.** You can take float tests at public swimming pools or at public beaches under the supervision of a lifeguard certified by the American Red Cross.

Identification is required. You must float, tread water, or swim in place for ten minutes, in deep water while wearing long pants and a long sleeved shirt. In the final minute of the test you must put on a life vest while continuing to tread water.

Please call the pool ahead of time to arrange your float test, and bring along some type of picture ID.

If you would like to keep a copy of your float test, be sure to make a copy before you turn it in!

# Green Lake: Youth Rowing

## YOUTH ROWING: Summer

Youth rowing is open to boys and girls ages 13-18, grades 8 to 12 in school in the fall. Coaching is provided for all levels of skills, beginning to competitive. Beginning classes will teach the basic fundamentals of the stroke, boat handling, water safety, and equipment care. **Due to the volume of new information, attendance is required the first two weeks.** Beginning and experienced classes will be geared to preparing for competition.

Low income scholarships or discounts are available. All returning athletes will be given priority if registrations are received by **Thursday May 25**. All other registrations received by **May 25, 5pm** will be given equal consideration for the remaining spaces. If enrollment exceeds the maximum capacity a lottery system will be used to fill the available spaces. Class members will participate in the Green Lake Summer Rowing Extravaganza Regatta on Saturday, August 5. Enrollment fee covers six weeks of coaching, and the regatta fee. Classes are 2 hours. Mail and walk-in registrations will be accepted through June 2. After June 2, phone in registrations will **also** be accepted.

<b>Novice Rowing:</b>	8666	M-F	7:30am	Jun 26-Aug 4	*H	\$137
	8667	M-F	9:30am	Jun 26-Aug 4	*H	\$137
<b>Experienced Rowing:</b>	7563	M-F	7:30am	Jun 26-Aug 4	*H	\$137

## YOUTH ROWING: Fall

**Fall crew registration will begin August 15.** Returning athletes will be given priority if registrations are received by **Thursday, August 31**. All other registrations received by **August 31, 5:00pm** will be given equal consideration for the remaining spaces. If enrollment exceeds the maximum capacity a lottery system will be used to fill the available spaces. Only mail and walk-in registrations will be accepted through September 6; after this date, phone registrations will **also** be accepted.

Classes are 2 hours in length. Enrollment fee includes participation in the Tri-Mountain Regatta at Mount Baker on Sunday October 15, as well as the Frostbite Regatta on Saturday, November 11. There will be several additional regattas that everyone may attend, for which fees will be assessed separately. Low income scholarships and/or discounts are available; please pick up an application form from the office.

All classes will meet at 3:30pm starting October 30, due to the changed daylight schedule.

<b>Novice Girls:</b>	8654	M-F	3:30pm	Sep 13-Nov 10		\$228
<b>Novice Boys:</b>	8653	M-F	4:30pm	Sep 13-Nov 10		\$228
<b>Experienced Girls:</b>	8639	M-F	3:30pm	Sep 13-Nov 10		\$228
<b>Experienced Boys:</b>	8638	M-F	4:30pm	Sep 13-Nov 10		\$228

\*H No class on the following holidays: May 27-29; July 4; Sept 2-4; Nov 10; Nov 23-26; and Dec 16-Jan 2, 2006.

\*R No class on the following Special Event days at Green Lake: June 17-18; July 1; Aug 5; Aug 10-13; and Nov 11.

\*T Classes are on the water during daylight hours only. Water time will be replaced with land training as daylight decreases.

## YOUTH CONDITIONING: Fall

Don't lose that great feeling of being fit and fast after the fall racing season! This class will be taught by our certified strength and conditioning instructors and will give you the edge for rowing in the spring. Youth ages 13 to 18 are welcome. **Experienced rowers only.** Classes meet from 3:30 to 5:00pm.

Girls:	8640	M-F	Nov 15-Dec 15	*H	\$77
Boys:	8633	M-F	Nov 15-Dec 15	*H	\$77

# Green Lake: Adult Rowing

## LEARN TO ROW - ROWING I: Adults

Our Learn to Row classes teach the fundamentals of rowing. This "on the water" class will cover the basics of the rowing stroke, boat handling, water safety, rowing terms, coxing skills, and equipment care. Students begin with dockside rowing and quickly progress to rowing sleek eight-oared racing shells. Sculling is with two oars per person, and sweep rowing is with one oar per person. Satisfactory completion of this class will qualify you for our novice rowing program. Classes meet for 2 hours; start times listed.

### Sweep

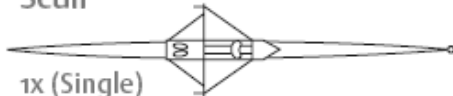
5487	S/Su	11:00am	May 6-Jun 11	*H	\$107
5494	M/W	5:30am	May 15-Jun 19	*H	\$107
5493	M/W	6:30pm	May 15-Jun 19	*H	\$107
8584	S/Su	11:00am	Jun 24-Jul 29	*R	\$107
8585	M/W	5:30am	Jun 26-Jul 26		\$107
8586	M/W	6:30pm	Jun 26-Jul 26		\$107
8587	S/Su	11:00am	Aug 19-Sep 24	*H	\$107
8650	S/Su	11:00am	Sep 30-Oct 29		\$107

### Sculling

5491	S/Su	11:00am	May 6-Jun 11	*H	\$107
5489	M/W	9:00am	May 1-May 22		\$107
8582	S/Su	11:00am	Jun 24-Jul 29	*R	\$107
8583	S/Su	11:00am	Aug 19-Sep 24	*H	\$107
8647	M/W	9:00am	Sep 6-Sep 27		\$107
8648	S/Su	11:00am	Sep 30-Oct 29		\$107
8649	M/W	9:00am	Oct 2-Oct 23		\$107

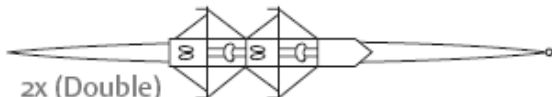
## Types of Boats

### Scull



1x (Single)

One person with two oars



2x (Double)

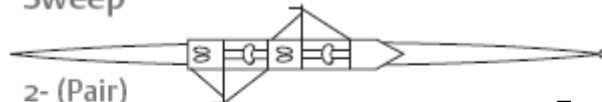
Two rowers with two oars each



4x (Quad)

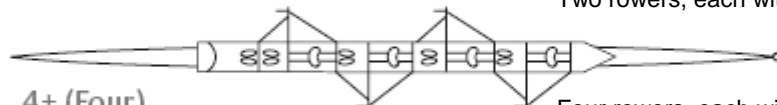
Four rowers, each with two oars

### Sweep



2- (Pair)

Two rowers, each with one oar, usually without a coxswain



4+ (Four)

Four rowers, each with one oar, usually with a coxswain



8+ (Eight)

Eight rowers, each with one oar, and a coxswain

# Green Lake: Adult Rowing

## NOVICE CREW - ROWING II: Adults

Continue to fine tune your rowing technique. Improve your skills with drills and increase your aerobic capabilities with rowing. Instruction will be given for sweep rowing or sculling. Prerequisite for this class is a minimum of one Learn to Row course or equivalent; a complete physical and cardiac evaluation is strongly recommended for rowers over age 40. Starting times are listed, and classes are 2 hours in length.

### Sweep

5551	S/Su	9:00am	May 6-Jun 11	*H	\$80
5578	T/Th	5:30am	May 16-Jun 15		\$80
5553	T/Th	6:30pm	May 16-Jun 15		\$80
8674	S/Su	9:00am	Jun 24-Aug 6	*R	\$96
8672	T/Th	5:30am	Jun 20-Aug 3	*H	\$96
8673	T/Th	6:30pm	Jun 20-Aug 3	*H	\$96
8677	S/Su	9:00am	Aug 19-Sep 24	*H	\$80
8675	T/Th	5:30am	Aug 1-Sep 5	*RT	\$80
8676	T/Th	6:00pm	Aug 1-Sep 5	*RT	\$80
8801	S/Su	9:00am	Sep 30-Oct 29		\$80
8802	S/Su	9:00am*	Nov 4-Dec 10	*HR	\$72

### Sculling

5522	S/Su	9:00am	May 6-Jun 11	*H	\$80
5529	T/Th	9:00am	May 2-May 25		\$80
8668	T/Th	9:00am	May 30-Jun 29		\$80
8669	S/Su	9:00am	Jun 24-Aug 6	*R	\$96
8671	S/Su	9:00am	Aug 19-Sep 24	*H	\$80
8670	T/Th	9:00am	Aug 15-Sep 14		\$80
8796	T/Th	9:00am	Sep 19-Oct 19		\$80
8797	S/Su	9:00am	Sep 30-Oct 29		\$80
8798	T/Th	9:00am	Oct 3-Nov 2		\$80
8799	S/Su	9:00am*	Nov 4-Dec 10	*HR	\$72
8800	T/Th	9:00am	Nov 7-Dec 12	*H	\$80

\* Beginning November 18, Sat/Sun classes meet at 10:00am.

## INTERMEDIATE/RECREATION CREW - ROWING III: Adults

A perfect program for the experienced rower who enjoys rowing twice a week. Develop your rowing skills, increase your aerobic capacity, and improve your overall condition. You may participate in local regattas or just enjoy the serenity of the sport in sweep or sculling boats. Starting times are listed and classes are 2 hours long.

### Sweep

5583	S/Su	9:00am	May 6-Jun 11	*H	\$80
5580	T/Th	5:30am	May 16-Jun 15		\$80
5581	T/Th	6:30pm	May 16-Jun 15		\$80
8422	S/Su	9:00am	Jun 24-Aug 6	*R	\$96
8414	T/Th	5:30am	Jun 20-Aug 3	*H	\$96
8418	T/Th	6:30pm	Jun 20-Aug 3	*H	\$96
8433	S/Su	9:00am	Aug 19-Sep 24	*H	\$80
8424	T/Th	5:30am	Aug 1-Sep 5	*RT	\$80
8428	T/Th	6:00pm	Aug 1-Sep 5	*RT	\$80
8644	S/Su	9:00am	Sep 30-Oct 29		\$80
8645	S/Su	9:00am*	Nov 4-Dec 10	*HR	\$72

### Sculling

5585	S/Su	9:00am	May 6-Jun 11	*H	\$80
5587	T/Th	9:00am	May 2-May 25		\$80
5588	T/Th	5:30am	May 16-Jun 15		\$80
8406	T/Th	5:30am	Jun 27-Jul 25	*H	\$80
8669	S/Su	9:00am	Jun 26-Aug 6	*R	\$96
8411	S/Su	9:00am	Aug 19-Sep 24	*HR	\$80
8408	T/Th	5:30am	Aug 1-Sep 5	*RT	\$80
8641	S/Su	9:00am	Sep 30-Oct 29		\$80
8642	S/Su	9:00am*	Nov 2-Dec 10	*HR	\$72
8643	T/Th	9:00am	Nov 7-Dec 12	*H	\$80

\* Beginning November 18, Sat/Sun classes meet at 10:00am.

# Green Lake: Adult Rowing

## COMPETITIVE CREW - ROWING IV: Adults

Be part of the TEAM! A competition and fitness program for the serious adult rower. On and off the water conditioning, advanced rowing technique, and racing skills are included in preparation for competition. A strong commitment and regular attendance are expected. Completion of several sessions of Rowing III and instructor's permission are required. Starting times are listed and classes are two hours. Saturday classes meet at 7:00am unless otherwise noted.

### Sweep

5590	MWFS 5:30am	May 8 - Jun 16	*H	\$160
8402	MWFS 5:30am	Jun 19-Aug 4		\$216
8403	MWFS 5:30am	Aug 7-Sep 23	*RH	\$192
8636	MWFS 5:30am	Sep 25-Nov 17		\$240
8637	S/Su 8:00am	Nov 18-Dec 10	*H	\$48

### Sculling

5592	MWFS 5:30am	May 8-Jun 16	*H	\$160
8690	MWFS 5:30am	Jun 19-Aug 4		\$216
8691	MWFS 5:30am	Aug 7-Sep 23	*RH	\$192
8634	MWFS 5:30am	Sep 25-Nov 17		\$240
8635	S/Su 8:00am	Nov 18-Dec 10	*H	\$48



### Open Rowing

Drop-in rowing is available for adults on a limited basis. An Open Rowing Card is good for 10 rowing sessions during regularly scheduled mid-day Level II/III rowing classes, for a non-refundable fee of \$100. A current float test and signed release form must be on file. Cards are valid for one year from purchase date.

### Personal Instruction

Personal instruction is available for the beginner or those interested in advancing their current skills in rowing or sailing. Instruction may be given to one individual or a maximum of two.

Fees: \$25 for each hour; \$15 per hour for the second person. For further information, please call 206-684-4074 or stop by the office.

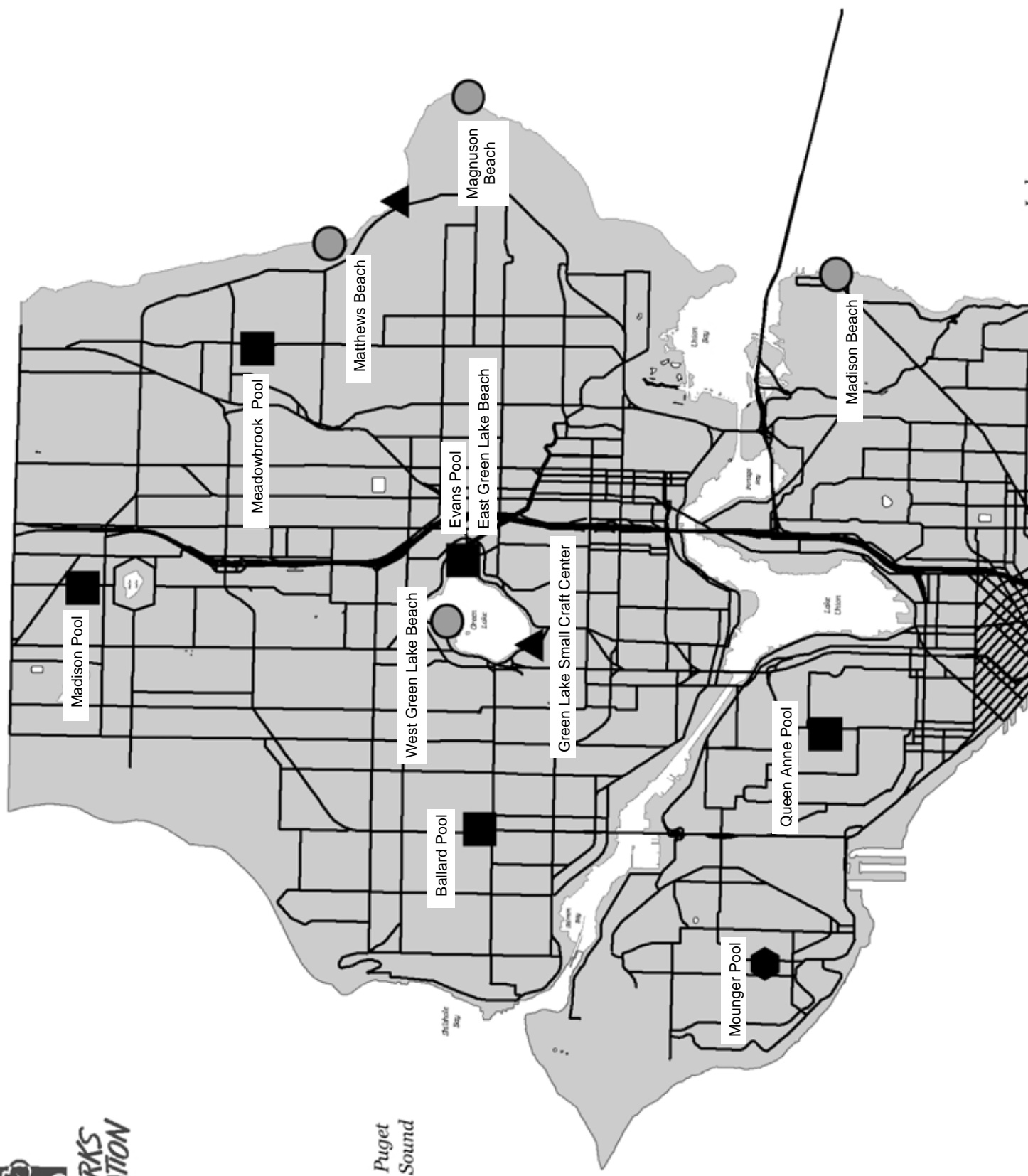
**\*H** No class on the following holidays:  
May 27-29; July 4; Sept 2-4; Nov 10;  
Nov 23-26; and Dec 16-Jan 2, 2006.

**\*R** No class on the following Special Event days at Green Lake: June 17-18; July 1; Aug 5; Aug 10-13; and Nov 10.

**\*T** Classes are on the water during daylight hours only. Water time will be replaced with land training as daylight decreases.

## The Pro Parks Levy Is Making a Difference In Your Community!

With funding approved for this 8-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the City. From innovative teen programs, environmental education, an elementary-age swim lesson program, and more activities for seniors, to maintaining our natural assets even more diligently, new things are happening every day. So keep an eye out for Pro Parks Levy signs in your neighborhood!



Puget  
Sound





## Seattle Aquatics Facilities

### Pools (indoor and outdoor), Beaches, and Small Craft Centers

©2005, CITY OF SEATTLE  
 All rights reserved.  
 No warranties of any kind, including  
 accuracy, fitness, or merchantability  
 accompany this product.  
 Map date: April 26, 2005.

## Green Lake: Senior Classes

### Learn to Row: Seniors Adults

This Learn to Row class teaches the fundamentals of rowing to seniors. This is an "on the water" class and will cover the basics of the rowing stroke, boat handling, water safety, rowing terms, coxing skills and equipment care. This class is specially designed for those ages 55 and over who are active and enthusiastic about learning to row. This class will meet for 2 hours.

8581 T-TH 12:30pm Jun 20-Jul 6 \*H \$25

### Birds and Boats

#### Intro to Canoe/Kayak for Seniors

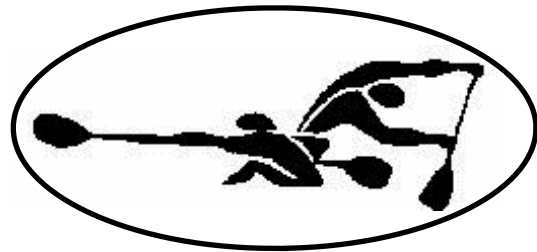
This non competitive recreation class is perfect for those who enjoy the world around them. Learn the fundamentals of both canoeing and kayaking at a leisurely pace that allows you to get your feet wet. In addition to a paddling instructor the class will be accompanied by a Naturalist who will speak about the wildlife that inhabits the Green Lake area. This class is designed and offered to those who are 55 and older. The class is 2 hours long.

7558 Mon 12:30pm Aug 7-Aug 28 \$25

### Rowing: Seniors Adults

Continue to build on skills acquired in the 'Learn to Row' class. This class will fine tune your rowing skills and increase your cardiovascular workouts. A complete physical and cardiac evaluation is strongly recommended. Prerequisites for this class are either previous experience or successful completion of the 'Learn to Row' class.

7737 T-TH 12:30pm Jul11-Aug17 \*R \$30



### LEARN TO SAIL: Senior Adults

This is a golden opportunity to start from the water up — so to speak — to learn how to sail in our stable and fun one-person Topper sailboats. Plan on getting wet! The program is geared toward active older adults; must be 55 years or older to participate. All supplies are included in the class price. Optional instructional sailing books are available for \$17. Start times are listed; classes are 2.5 hours long. The cost is listed for adults; the price is \$117 for participants 65 years and older.

5617	MW	6:00pm	May 15-Jun 12	\$123
7729	TTh	6:00pm	Jun 13-Jul 11 *H	\$123
7733	TTh	6:00pm	Jul 25-Aug 22 *R	\$123



# Sailing

## YOUTH SAILING CAMPS

Kids will have a great time learning sailing skills in our summer camps, utilizing Toppers here at Green Lake. Both new and experienced sailors may register. Learn the basics of sailing, rigging, safety, and boat handling.

Participants must weigh at least 80 lbs and lifejackets are provided. Start times are listed and classes are 4 hours. Mail and walk-in registrations will be accepted through June 2. After June 2, phone-in registrations will **also** be accepted.

### Ages 11-17:

8622	M-F	12:00pm	Jun 26-Jun 30	\$125
8623	MWTF	12:00pm	Jul 3-Jul 7 *H	\$100
8624	M-F	12:00pm	Jul 10-Jul 14	\$125
8625	M-F	12:00pm	Jul 17-Jul 21	\$125
8626	M-F	12:00pm	Jul 24-Jul 28	\$125
8627	M-F	12:00pm	Jul 31-Aug 4	\$125
8628	M-F	12:00pm	Aug 14-Aug 18	\$125
8629	M-F	12:00pm	Aug 21-Aug 25	\$125

The following classes are designed for the slightly younger sailor, but will cover the same information as the sessions listed above. All equipment is provided; start times are listed and classes are 4 hours in length.

### Ages 10-13:

8630	M-F	12:00pm	Jun 26-Jun 30	\$125
8631	M-F	12:00pm	Jul 17-Jul 21	\$125
8632	M-F	12:00pm	Aug 21-Aug 25	\$125

## JUNIOR RACING CAMPS

This camp will help experienced sailors aged 11 to 17 prepare for competition. Prerequisite is one week of sailing camp or equivalent. Start times are listed; classes are 4 hours long. All equipment is provided.

8692	M-F	12:00pm	Jul 10-Jul 14	\$125
8693	M-F	12:00pm	Aug 14-Aug 18	\$125

# Seattle Canoe Club

## ADVENTURE CAMP

Canoeing, kayaking, and sailing on Green Lake, and tennis, golf, soccer, and other activities around Green Lake will fill the days! Field trips may include traveling by van. These all day, week-long camps are for ages 11-14. Bring a sack lunch, swimsuit, towel, and a change of clothes; snacks will be provided. Camps will be held during the following weeks of the summer, from 8:30am - 5pm.

7547	M-F	8:30am	Aug 14-Aug 18	\$264
7550	M-F	8:30am	Aug 21-Aug 25	\$264
7552	M-F	8:30am	Aug 28-Sep 1	\$264



## LEARN TO SAIL: Adults

Take advantage of the summer breezes with our Toppers! Learn rigging, sailing theory, water safety, and more. All equipment is provided. Optional instructional sailing books are available for \$17. Start times are listed; classes are 2.5 hours long on weekdays, 3.5 hours long on weekends.

7728	MW	6:00pm	May 15-Jun 14 *H	\$135
7730	MW	6:00pm	Jun 21-Jul 17	\$135
7731	Sun	12:00pm	Jul 9-Aug 20 *R	\$135
7732	MW	6:00pm	Jul 24-Aug 18	\$135
7734	MW	6:00pm	Aug 21-Sep 18*HT	\$135
8651	Sat	12:00pm	Sep 9-Oct 14	\$135
8652	Sun	12:00pm	Sep 10-Oct 15	\$135

# Canoeing and Kayaking

## INTRODUCTION TO KAYAKING

Find out what kayaking is all about! This is a course for the total novice, emphasizing the fundamentals of sea kayaking and paddling technique. Learn the lingo, practice skills, and get your feet wet.

Minimum age is 16, or 10 if accompanied by an adult. All equipment is provided. The cost is listed for adults, and \$51 for youth and seniors. Starting times are listed; weekday classes are 2.5 hours long and weekend classes are 3.3 hours long.

7667	TTh	6:00pm	Jun 6-Jun15	\$79
8688	TTh	6:00pm	Jun 20-Jun 29	\$79
7668	Sat	9:00am	Jun 24-Jul 8 *R	\$53
8687	TTh	6:00pm	Jul 6-Jul 18	\$79
7669	Sat	9:00am	Jul 15– Jul 29	\$79
7670	Thur	6:00pm	Jul 20-Aug 17 *R	\$79
7671	Sat	9:00am	Aug 19-Sep 9 *H	\$79
7672	TTh	6:00pm	Aug 22-Aug 31	\$79
8646	Sat	9:00am	Sep 9-Sep 23	\$79

## FLATWATER KAYAKING

Put your new kayaking skills to use. This course is designed to develop technical skills that can be applied to flatwater, river, or sea kayaking. Participants will improve balancing skills by progressing from stable boats to more challenging racing kayaks.

The prerequisite is "Introduction to Kayaking" or approval by an SCC instructor. Minimum age is 16, or 10 if accompanied by an adult. All equipment is provided. Cost is listed for adults, and \$51 for youth and seniors. Classes are 2.5 hours long.

5605	Mon	6:00pm	Jun 5-Jun 26	\$79
7564	Mon	6:00pm	Jul 3-Jul 24	\$79
7565	Mon	6:00pm	Jul 31-Aug 21	\$79
7566	Mon	6:00pm	Aug 28-Sep 25*H	\$79

**\*H** No class on the following holidays: May 27-29; July 4; Sept 2-4; Nov 10; Nov 23-26; and Dec 16-Jan 2, 2006.

**\*R** No class on the following Special Event days at Green Lake: June 17-18; July 1; Aug 5; Aug 10-13; and Nov 11.

**\*T** Classes are on the water during daylight hours only. Water time will be replaced with land training as daylight decreases.

## INTRODUCTION TO CANOEING

See land from a whole new perspective. This on-the-water course is designed to build paddling skills needed to handle a canoe in a variety of situations, either individually or with a partner.

Minimum age is 16, or 10 if accompanied by an adult. All equipment is provided. Cost is listed for adults, and \$51 for youth and seniors. Starting times are listed, and weekday classes are 2.5 hours in length; weekend classes are 3.5 hours.

5612	MW	6:00pm	May 15-May 24	\$79
5613	Sun	9:00am	May 21-Jun 11*H	\$79
5614	MW	6:00pm	Jun 12-Jun 21	\$79
7567	Sat	9:00am	Jun 24-Jul 8 *R	\$53
7569	MW	6:00pm	Jul 17-Jul 26	\$79
7568	Sat	9:00am	Jul 15-Jul 29	\$79
7570	MW	6:00pm	Jul 31-Aug 9	\$79
7571	MW	6:00pm	Aug 14-Aug 23	\$79

## MEMBERSHIP INFO

Seattle Canoe & Kayak Club membership is open to the general public, and allows access to the canoes and kayaks owned by the Club for use on Green Lake. Current float tests are required.

For more information, including annual membership fees and registration instructions, please drop by the GLSCC office or call 206-684-4074.



# Youth Paddling

## YOUTH CANOE AND KAYAK

The Seattle Canoe Club's Youth Sprint Racing Team enables athletes of all ages to focus on competitive canoe and kayak racing. Participants can race in local, regional, and national competitions. The Seattle Canoe Club has been designated a Center of Excellence by the US Canoe and Kayak Team.

### Introduction and Development

This course is about fun on the water, but promotes water safety and paddling skills in both canoes and kayaks. This program is open to all boys and girls in grades 6 to 12 in the fall. No experience is required, and all equipment is provided. Starting times are listed, and classes are two hours long.

5593	MW	4:00pm	May 1-May 24	\$56
8600	MW	4:00pm	Jun 5-Jun 28	\$56
8689	MW	4:00pm	Jul 3-Jul 26	\$56
8601	MW	4:00pm	Aug 7-Aug 30	\$56
8662	MW	4:00pm	Sep 11-Oct 4	\$56

### SPRINT RACING TEAM

Teamwork, racing skills, and self-discipline are emphasized while training for regional and national competition. Completion of the Level II class, and/or permission of the coach is required for enrollment. Practices are two hours in length.

8620	MWFS	8:00am	Jun 19-Aug 26	*R	\$204
8619	M-Sat	8:00am	Jun 19-Aug 26	*R	\$303
8621	MWF	3:30pm	Jun 19-Aug 25	*R	\$160
8665	Wed/Sat	3:30pm	Sep 6-Dec 9	*RHT	\$143
8664	MWS	3:30pm	Sep 6-Dec 9	*RHT	\$215
8663	MWFS	3:30pm	Sep 6-Dec 9	*RHT	\$286



## FREE FUN PADDLES

The Seattle Canoe Club sponsors informal fun time trials the first Tuesday evenings of the month, through September 5, at 6:00pm. This program is open to the general public and is free of charge. Events are provided for the occasional paddler to the serious racer.

Prior to participation you need to complete a float test and sign a risk and release form. The float test may be completed at one of the city pools or by a certified lifeguard at a swim beach.

Come down and see how the Club works, and what it has to offer *you!*

## SEATTLE CANOE CLUB

Whether it's a sea kayak trip to the San Juans, a leisurely evening canoe paddle around Green Lake, or training for the World Championships, the Seattle Canoe & Kayak Club has something for everyone. Canoeing and kayaking for recreation, competition, or general conditioning are available.

The Club sponsors competitive races in the Seattle area that attract paddlers from all over the region, as well as offering social activities and boat repair opportunities for its members. For more information drop by the boathouse or call 206-684-4074.

# Policies and Procedures

## Nondiscrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin or presence of any sensory, mental or physical handicap. (Seattle Municipal code 18.12.280).

## Fees and Charges

Our Advisory Councils provide the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Councils are used to offset the cost of providing the programs. Program charges include user fees paid to Seattle Parks and Recreation to defray operating costs.

As Advisory Council activities are self-sustaining, we rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

## Payment

You can pay for classes by mail, in person during office hours, or by telephone with a credit card. We accept Visa, MasterCard, and American Express. Payment is due when you register. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee.

## ADA Compliance

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodation, please call 206-615-0140 or TDD 206-223-7061. If possible, please allow ten working days advance notice.

## Special Populations

For information on programs for youth/adults with disabilities, please call the Special Populations Office at 206-684-4950, or visit the web at <http://www.cityofseattle.net/parks/SpecialPops/index.htm>.

## Scholarships

Our advisory councils want to ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. Scholarships or low income rates are offered for most youth programs and some adult programs. Scholarships are limited to specific programs and are granted based on financial need. For further information or an application, please call us at 206-684-4074!

## Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Any person who registers for a class, camp, special event, or program that is cancelled for any reason by the Department or Advisory Council will receive a full refund.
- Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a 10% or \$5 service charge, whichever is greater.
- Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.

Please read the entire policy for specific information, available upon request.

### Seattle Parks and Recreation Professional Staff

Ken Bounds - Superintendent  
Christopher Williams - Operations Division Director  
Kathy Whitman - Aquatics Manager  
Jason Frisk - Senior Recreation Program Specialist/GLSCC  
TomiJo McCarrier - Recreation Leader/GLSCC

# Registration Instructions:

## HOW TO REGISTER:

Larger Type Version  
Available Upon Request

1. Complete the registration form below.
  2. Obtain required signatures.
  3. Enclose checks or money orders payable to "**City of Seattle**", and mail to the small craft center. Visa, MasterCard, or American Express may also be used.  
**GREEN LAKE SMALL CRAFT CENTER**  
5900 West Green Lake Way North  
Seattle, Washington 98103-5900  
Phone: 206-684-4074
  4. Registration from one session to the next is not automatic nor are openings in a particular class guaranteed.
  5. Senior Citizen Discount of \$1.50/day class, available to adults ages 65 and older.
  6. Only walk-in and mail in registrations accepted **through June 2** for summer registration. After June 2, phone in registrations will **also** be accepted. For fall registration, phone-ins will also be accepted **after September 6**.
- Float Tests are required (see page 3.)** **PLEASE REGISTER EARLY!**

## REGISTRATION FORM

ADULT NAME (Last) \_\_\_\_\_ (First) \_\_\_\_\_ DATE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE (h)( ) \_\_\_\_\_ (w)( ) \_\_\_\_\_ (Emergency)( ) \_\_\_\_\_  
E-MAIL \_\_\_\_\_

**ASSUMPTION OF RISK AND RELEASE FORM:** Injuries to participants in small craft programs may occur from risks inherent in the sports or activities; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety or racing rules; from the use of transportation to and from regattas, races and other events and from administration of first aid. For example, I might slip and fall; I might be struck by part of a boat; my boat might capsize or I might be thrown overboard into cold water; it may hit another boat or run into an obstruction or the shore, and the collision injure me. The severity of the injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death. I will be exposed to the weather, including rain, wind, cold and sun, I might become ill through chill or suffer sunburn and heat exhaustion. In order to avoid injuries I will obey the directions of my instructors and will follow all safety rules. I will tell my instructor about any limitations or medical restrictions on my participation.

In consideration for my acceptance as a participant, I agree to assume the risks, release and hold the City of Seattle, its advisory councils, and sponsoring organizations, and their employees and agents harmless from claims for injuries and damages, which may occur from or as a result of my participation in the program. I agree that this assumption of risk and release shall bind my heirs and my estate. Participation authorized; risks assumed; and release granted. Authorizing signature below acknowledges having read all statements above. **Participant's signature required, or the signature of a parent or guardian is required for participants under 18 years.**

PARTICIPANT'S NAME		Participant Signature Parent, if participant is under 18	Birth Date	E O *	Sex	Class Code	Class Fee	OFFICE USE ONLY	
Last	First							Receipt	Amount
Total									

\***ETHNIC ORIGIN:** Information is used for statistical purposes and is not required for participation. A=Asian; B=Black/African American; H=Hispanic; N=Native American; W=Caucasian; O=Other.

Complete the following information if paying by credit card: Type (circle) Visa MasterCard American Express

Card Number \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Name as Shown on Card: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

You can find this brochure information on-line at [www.seattle.gov/parks/boats/grnlake.htm](http://www.seattle.gov/parks/boats/grnlake.htm).